

# Lolo School District

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Recipe Sizing Report

Jun 15, 2012

**000174 - Beet Surprise Cake :**

HACCP Process: #2 Same Day Service

Number of Portions: 50

Size of Portions: 1 each

009153 LEMON JUC,CND OR BTLD.....	1 Tbsp + 2.5 tsp
011084 BEETS,CND,DRND SOL.....	2.75 cups + 0.5 TBSP (shredded)
900156 FLOUR ALL PURPOSE.....	3 lbs + 7.555557 ozs
002047 SALT, TABLE.....	2.75 tsp
990047 BAKING SODA.....	44.44444 (1/8 TSP)
019335 SUGARS,GRANULATED.....	1 qt + 1.5 cups
019165 COCOA,DRY PDR,UNSWTND.....	1.333325 cups + 0.5 Tbsp
001145 BUTTER,WITHOUT SALT.....	1.333325 cups + 0.5 Tbsp
050358 APPLESAUCE, CANNED, UNSWEETENED, WITHOUT..	2 cups + 1 Tbsp
990019 EGGS,WHOLE,FRESH & FROZEN.....	11.11111 large
019296 HONEY.....	0.333325 cup + 0.625 tsp
900301 milk 2%.....	11.11111 ozs
000049 VANILLA EXTRACT.....	1 Tbsp + 2.5 tsp
900947 CREAM, TABLE.....	0.5 cup + 1 tsp

\*Nutrients are based upon 1 Portion Size (1 each)

Calories	295 kcal	Cholesterol	64 mg	Protein	5.46 g	Calcium	*22.54* mg	22.82%	Calories from Total Fat
Total Fat	7.49 g	Sodium	314 mg	Vitamin A	*79.7* RE	Iron	*2.24* mg	*13.25%*	Calories from Sat Fat
Sat Fat	*4.35* g	Carbs	52.38 g	Vitamin A	*272.9* IU	Water <sup>1</sup>	*21.94* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	*2.17* g	Vitamin C	*0.8* mg	Ash <sup>1</sup>	*0.69* g	70.95%	Calories from Carbs

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values